

October 2021



A Message from the Director

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,

Anna Sanchez, Director
Department of Senior Affairs



Center Hours

Monday, Tuesday,
Thursday, Friday
8 a.m. – 5 p.m.
Wed: 8 a.m. – 7 p.m.

Sat: 9 a.m. – 1 p.m.
Sunday Closed

Make everyday
a good day



**The Center will be closed,
Monday October 11th
in Observance of
Indigenous People's Day**



Department of
Senior Affairs



Mayor Tim Keller



Anna Sanchez
Director

Nikki Peone
Division Manager



Antoinette Sigala
Center Manager

Carl Corona
Program Coordinator

Depriese Frias
Office Assistant

Dave Ellis
Program Assistant II

Holly-Ann Alarcon
Program Assistant II

Manuel Iuado
General Services

David Martinez
Cook

Popcorn Days

Grab your bag at the front desk- we're popping Thursday beginning at 10:30 a.m.!

\$0.25 Bag



Open Computer Lab

**Tuesday & Thursday
9:30 a.m. -11:30 a.m**

Please bring your membership card

Computer Room Closed From October 6 - 22

No Thursdays during tax season

Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength.

*You may pick up and complete a lotto form to register from any senior center!

TBA

Palo Duro Sports & Fitness 880-2800



Bingo

Tuesdays 2:00 p.m. - 4 p.m.

Sponsored by - Oak Street Health

Friendship Coffee

Thursdays 9:30 a.m. - 10:30 a.m.

Gather with friends old and new for a cup of coffee and treats courtesy of our generous sponsors in the Social Hall.

October 7 —Hamilton relay (sponsor)

October 14 —Klarus Homecare/Hopspice (sponsor)

October 21 —Sandia Vista Senior Living (sponsor)

October 28 —Edward Jones (sponsor)





What's The Buzz? (Special Events)

Join us for these exciting free events that will be taking place this month...

COME DANCE AND SHAKE IT UP

AT

PALO DURO SENIOR CENTER

PUMPKIN DANCE



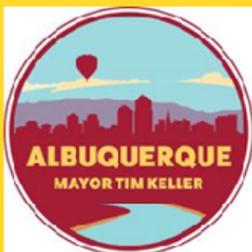
Wednesday October 20

PUMPKIN RAFFLE

Entertainment by

Trio Alegre

1:30—4:00 pm



\$3.00 per person

**ONE
ALBUQUE
RQUE**

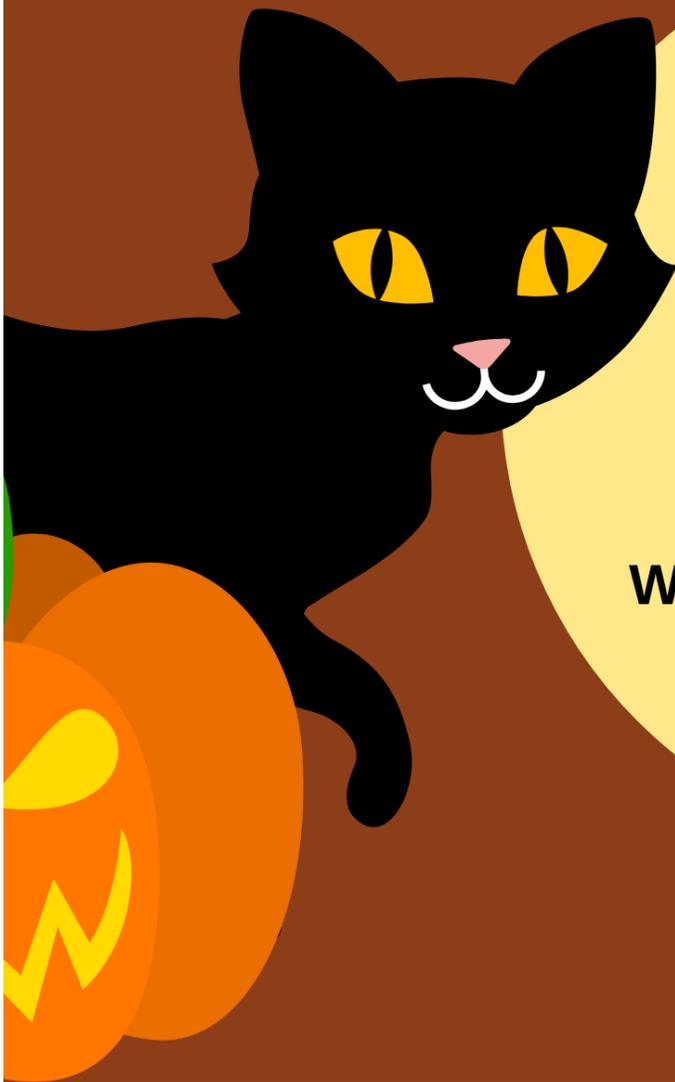


What's The Buzz? Continued...

Join us for these exciting free events that will be taking place this month...

PALO DURO SENIOR CENTER'S

FALL FESTIVAL



All Ages !

Dress in your Favorite
Halloween Costume

1:30 - 4:00 pm

Wednesday, October 27th

EVENTS:

Dance \$3

Rhythm Divine

Nacho Bar

Lots of FUN

Questions? Call PDSC: 888.8102

or

Citizen Contact Line: 311

ONE
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5221 Palo Duro, NE



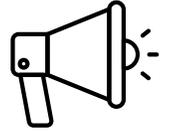
What's The Buzz? Continued...

Join us for these exciting free events that will be taking place this month...



25th Annual Prime Time 50+ Expo

October 13, 2021
8am - 1:30pm at Embassy Suites



Free Health Screenings and Entertainment!

Registered members of any our Senior or Multigenerational center can sign up for FREE transportation service to the event. City of Albuquerque's Senior Affairs transportation services must follow current CDC guidelines including social distancing and mask mandates regardless of vaccination status, therefore **space is limited and pre-registration is required.** For more information on departure and arrival schedules or to register for transportation service to the event, please see our front desk center staff.

Birthday Party

Join us for our monthly birthday treat.
1st Monday, October 4th
11:30 a.m. - 12:30 p.m.
Sponsored by: TBA



Congratulations!
Holly Ann Alarcon
New Program Assistant II of
Palo Duro Senior Center



Ice Cream Social

3rd Tuesday, October 19
11:30 a.m. -12:30 p.m.

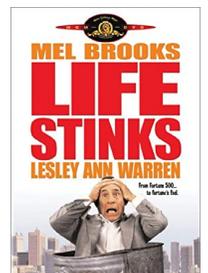
Movies at Palo Duro Starting in November

Join us at 1:30 p.m. for these movies! Popcorn will be provided. Movies are shown every 3rd Thursday. *Movie Titles are Subject to Change



November 18 "Life Stinks" (PG) 1 hr 32 min

Affluent and arrogant businessman Goddard Bolt, feuding with rival Vance Crasswell over a land deal, makes a bet with Crasswell that he has the wits and street smarts to live penniless and anonymous on the rough streets of Los Angeles for 30 days. But Bolt has a rude awakening when the reality of homelessness hits him. Still, he finds a silver lining in a burgeoning romance with Molly, a former Broadway dancer who has fallen on hard times.





Mystery Book Club



2nd Tuesdays 1:30 - 2:30pm

Join us as we discuss different types of mystery novels. The books are available from the ABQ library, on Kindle, and from second-hand bookstores. We may not all agree on whether or not we liked the month's selection but we always have spirited discussions and lots of fun!

October 12th "Sun Storm" By Asa Larsson

Power of Attorney Clinic

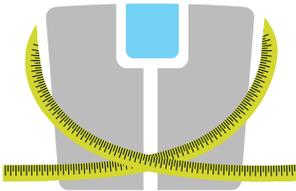
2nd Wednesday, October 13th, 9:00 - 11:00 am
Call SCLO to set up appointments (265.2300)
Presented by: Senior Citizen's Law Office



T.O.P.S Take Off Pounds Sensibly

Mondays 11:45 - 1:00pm

(TOPS) is an organization whose focus is on promoting a healthy lifestyle through realistic weight loss and long term weight maintenance. Through weekly weigh-ins members are encouraged to reach their goal weight in a friendly and non judgemental setting. Come Check us out and discover how T.O.P.S can help you.



Visiting Artist Program

Tuesdays 1:00 - 3:00pm

There are many exciting and creative activities offered by outstanding artists from our community. This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides a different art activity each week.



Energy Yoga

Fridays 9:30 - 10:30am
(Starting October 15)

Relaxation and Peace of Mind,
Get back into the rhythm of a happy, healthy life.

-Gentle Stretching -Breathing -Meditation

\$3.00 per class



On-going Daily Schedule

Monday

8:00-9:00	Breakfast
8:30-11:30	Lapidary, Beginning
9:00-4:30	Billards
9:00-11:00	Blood Pressure Check
9:00-11:00	Choralaires
9:30-12:30	Ceramics (starts Sept. 13)
9:45-11:15	Retired Doctors & Interested Persons Discussion Group
11:30-1:00	Lunch
11:45-1:00	T.O.P.S
12:00-2:00	Philatelic Club
12:45-3:30	Duplicate Bridge
1:30-3:00	Line Dancing, Improver
2:45-4:30	Retired Doctors Group
3:15-4:30	Line Dancing, Beginning

Tuesday

8:00-9:00	Breakfast
9:00-4:30	Billards
9:00-11:00	Tuesday's Angels
9:30-11:30	Computer Lab (Open)
10:00-12:00	Sewing & Alterations
11:30-1:00	Lunch
12:00-2:00	Leather
1:00-3:00	Mesquite Smokin' Swing Jam
1:00-3:00	Visiting Artists Series
1:30-2:30	Investment Club
1:30-2:30	Mystery Book Club (2nd)
2:00-4:00	Bingo (\$3 minimum to play)

Wednesday

8:00-9:00	Breakfast
9:00-11:00	RSVP Volunteer Training
9:00-12:00	Pottery
9:00-12:00	Power of Attorney Clinic (2nd)
9:00-6:30	Billards
11:30-1:00	Lunch
12:00-3:00	Busy Bees - Crochet & Knit
12:00-3:00	Metal/Silver Smithing
12:00-3:00	Mexican Train Dominoes
5:00-6:45	Tango Jam (Music practice)

Monday

Thursday

8:00-9:00	Breakfast
8:30-10:30	Deaf Seniors
9:00-4:30	Billards
8:30-11:30	Lapidary Studio
9:00-10:45	German, Intermediate
9:30-10:30	Friendship Coffee
9:30-11:30	Computer Lab
9:30-12:30	Ceramics (Starting Sept.16)
11:30-1:00	Lunch
12:00-1:00	Rock Hound Club
12:30-3:30	Bridge- Senior Men's
1:00-3:00	Discussion Group

Thursday

Friday

8:00-9:00	Breakfast
8:30-12:30	Defensive Driving (1st) \$20, \$15 AARP
8:30-11:30	Lapidary Open Studio
9:00-4:30	Billards
9:00-12:00	Pottery
9:30-10:30	Energy Yoga (starts October 15)
11:30-1:00	Lunch
1:00-3:30	Cribbage
2:15-4:15	Swedish Weaving \$10 materials fee

Friday

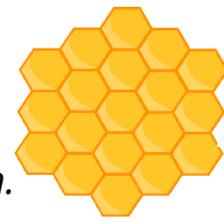
Saturday

9:00-11:30	Quilting (Starting Sept. 11th)
9:00-12:30	Billards
9:00-10:30	Line Dancing, Beginning
10:30-12:00	Line Dancing, Intermediate (no 1st Sat.)
11:00-12:00	Red Hat Society

Saturday

Note: Days and Times are subject to change.

The Honeycomb Cafe



Menu items subject to change. Please arrive before 12:30 p.m.

Daily Hot Lunch- \$3.25 *Reservations Required

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Fajitas	5 Beef Stroganoff & Pasta	6 Omelet w/ fajita Blend	7 Minestrone Soup w/ Navy Beans	8 Lemon Pepper Tilapia
11  CLOSED	12 Sweet & Sour Pork w/ white Rice	13 Frito Pie	14 Fish Nuggets w/ Tartar Sauce	15 Chicken and Rice Soup
18 Cottage Pie	19 Open Faced Turkey Sandwich w/ Gravy	20 Spaghetti Marianara w/ Squash	21 Salisbury Steak w/ Gravy	22 Green Chile Stew
25 Beef Tips Over Pasta w/ Gravy	26 Chicken Pot Pie w/ Biscuit	27 Baked Potato	28 Salmon w/ Garlic Butter	29 Mummy Loaf in Swamp Water
1	2	3	4	5

Other options without a reservation-- Monday thru Friday

Breakfast 8 a.m. -9 a.m.

Regular Combination.....\$1.50.....Mini... \$0.75
 egg, bacon or sausage, potatoes, toast or tortilla
 Burrito (meatless available)..... \$1.50
 eggs, bacon or sausage, potatoes, cheese, chile
 English Muffin Sandwich..... \$1.00
 Oatmeal with Milk, raisins optional..... \$0.70
 French Toast or Pancake \$0.25
 Biscuit w/gravy on Thursdays.....\$1.00
 Huevos Rancheros on Wednesdays.....\$1.50
 Waffles served on Fridays.....\$1.00



Lunch 11:30 a.m. -1 p.m.

Salad.....Large....\$2.00.....Small.... \$1.00
 Soup or Pie of the Day..... \$0.50
 Sandwich of the Day..... \$1.50
 half sandwich..... \$0.75
 Grilled Cheese..... \$1.25
 Beverages during all meals
 Milk or Juice..... \$0.25
 Coffee or Tea..... \$0.30

Palo Duro Announcements



Per recommendation from the Albuquerque Police Dept. and for the safety of all Please enter building through the FRONT DOORS. The NW door and social hall doors are EXIT ONLY doors. Classroom doors are emergency exit only doors.

Thank you.

Participant Code of Conduct **(Section 2.9: B-C; Revised March 2020)**

In order that all users may have a pleasant experience at the center, participants are expected to respect the rights of others and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or email.
5. Show courtesy to other participants and staff; respect decision made by center management and bring issues involving the operations of the center to management's attention for resolution.
6. No unlawful weapons are allowed in City facilities.
7. Fighting between participants or with a staff person is prohibited.
8. Smoking is prohibited in City facilities or on City premises.
9. Alcohol consumption or possession of alcoholic beverages is prohibited in City facilities.
10. Treat Center materials, equipment, furniture, grounds, and facility with respect.
11. Use the Senior Center and Senior Center equipment in a safe and appropriate manner.
12. Keep the Senior Center building and grounds neat, clean, and litter free.

Failure to observe rules of conduct may result in disciplinary action being taken against participants, up to and including suspension from the program.

Starting October 1, 2021

All Memberships will be done during the following hours

**Monday thru Friday
9:00 am thru 11:00 am
1:00 pm thru 3:00 pm**



Thank you for patience during this transition



Just a reminder Palo Duro is eliminating paper attendance forms. Please remember to bring your membership cards with you. Thank you for your patience and understanding